

# Have A Plant<sup>®</sup> Hacks With Walnuts



Plant-forward eating has become increasingly popular, encouraging people to add more produce to their carts. While you shop for flavorful fruits and vibrant veggies, don't forget nuts, like walnuts. Walnuts are produce too! #haveaplant

## HACK #1: Purchase Once, Use All Week



**ACTION:** Stock up on produce items like nuts, berries and leafy greens that multi-task meaning that they can be used in multiple meals and snacks throughout the week.

**HABIT:** Add [walnuts](#) to your oatmeal or yogurt in the morning, top salads, pasta and roasted veggies, or pair them with fruit, cheese and crackers for a simple and delicious snack.

Choose a favorite berry and a leafy green each week to use in snacks such as smoothies or in meals as side dishes. And don't forget that frozen berries are also a great option.

**MAKE IT HAPPEN:** This [Strawberry Walnut Date Smoothie](#) is bursting with fresh flavors and nutrition!

## HACK #2: Take A Pause With Produce

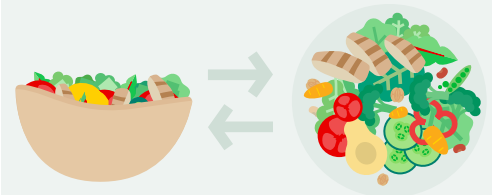


**ACTION:** Everyone needs a break from a busy day of work, errands, carpooling and more. Take a pause by grabbing a snack that includes produce.

**HABIT:** Transform your snack time to produce time by keeping easy produce readily available — from cut veggies, to pre-washed fruit, or a handful of toasted walnuts. These ready-to-go options give you the nutritious snack break you need during your busy day.

**MAKE IT HAPPEN:** [No-Bake Blueberry Coconut Energy Balls](#) include blueberries and coconut for an on-the-go snack. Add walnuts for an extra crunch!

## HACK #3: Prep 1x, Use 2x



**ACTION:** Walnuts can be used to create a flavorful plant-based meat alternative, from meatballs to savory pies that can be frozen and repurposed for meals to come.

**HABIT:** Three ways to use walnut meat:

1. Add to salad for a flavorful taco bowl
2. Simmer with tomato sauce and chopped peppers for Sloppy Joes
3. Include in zucchini boats

**MAKE IT HAPPEN:** [California Walnut Meatless Meatballs](#) is a plant-based twist on a classic Italian favorite.



**Pro-Tip: Look for walnuts in the produce section! Not just in the baking aisle!**

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## Why You Should Add California Walnuts To Your Cart

### Amazing Taste

California Walnuts have a sweet mild taste that pairs perfectly with sweet or savory. They can add a nutty crunch to many recipes, improving texture and flavor.

### Nutrition Powerhouse

Just one ounce of walnuts provides important nutrients for optimum health: 2.5g of omega-3 ALA (that's more than any other nut!), 4g of protein, 2g fiber, and a good source of magnesium (45mg).<sup>1</sup>



## Store Produce Like A Pro

A common barrier to purchasing produce is the fear of it ultimately ending up in the trash bin instead of on the dinner table.

Adopting a few simple tips can help keep produce like walnuts, leafy greens and fruit fresher, longer.



### Walnuts

**Maintain** the freshness of walnuts by keeping them cold in the refrigerator or freezer.



### Leafy Greens

Keep them fresher longer by adding a paper towel or napkin to their container.



### Berries

Keep berries dry after purchasing and wash right before enjoying.



### All Produce

Leaving for a trip? Toss leftover greens or fruit in the freezer to be added to smoothies or other dishes when you return.



### Store Your Leftovers

If you have left over sauce, like a pesto, don't throw it away or stash it in the fridge. Instead, pour the rest into an ice cube tray and freeze for use later.



### FIFO!

First In, First Out. Use whatever is oldest first and continually rotate your stock to ensure freshness and reduce waste.



Food waste can be easily reduced with just a little planning, and you may even find new ways to include produce in your meals. As you're shopping for fruits, vegetables and more at the grocery store, make sure you're turning your hacks into habits and using proper storage to keep produce, like walnuts, leafy greens and fruit fresher, longer. For more information on produce, including walnuts, follow us @cawalnuts and @fruitsandveggies #haveaplant

REFERENCE: 1. U.S. Department of Agriculture, Agriculture Research Service. FoodData Central, 2019. Fcd.nal.usda.gov

